

CMRC GROUP EXERCISE INFORMATION FALL 2014

20/20/20: Three 20 minute intervals of a variety of different types of training. From upper & lower body strength training, core, and speed.

ATHLETIC TRAINING: this class focuses on skills necessary for improving performance in sports: agility, power, speed, reaction time, balance and coordination, all the while working at a high intensity. You don't need to be an athlete.

BELLYDANCE FITNESS: This non-stop multi-level class is great for those looking for a fun and empowering Belly Dance experience.

BOKWA: participants draw letters and numbers with their feet while performing an energizing and addictive cardio workout routine while moving together to today's most popular music!

BOOTCAMP: A specialty class offered for an additional fee. A total body workout that includes cardio, weights, plyometrics, muscle strengthening, & core conditioning. Try a class for \$7 or sign up for the monthly session.

CARDIO INTERVAL: Accelerate your fitness improvements and experience how time can fly during a cardio workout when you are having fun!

CIRCUIT TRAINING: A variety of high intensity exercises all culminated into one workout going from one station to the next. Combinations of strength, core and cardio!

CORE RESISTANCE: this class will utilize resistance tubing/bands to work all major muscles along with Core strength exercises

EXTREME CORE - varying core exercises to improve posture and functional fitness, and increase deep core and upper body strength

FLEX & STRETCH: A great way to loosen up those sore muscles aches and pains with a full body stretching session.

LIFT - This class focuses on strength and endurance through lifting weights. Lift your way to a stronger, leaner body!

PLYO ENDURANCE - high intensity and high impact moves designed to increase speed, power, and cardio endurance and achieve maximum calorie burn

TOTAL BODY ATTACK: This 1 hour class will consist of challenging cardio/strength intervals.

ZUMBA: A fusion of Latin dance rhythms featuring interval training using fast and slow sessions.

ZUMBA STEP: is an all-round cardio workout that tones and strengthens the legs and glutes. All of the ZUMBA fitness-party fun you love.

ZUMBA TONING: Take Zumba to the next level by combining a typical Latin-infused, high energy Zumba class and body-sculpting exercises. Students will learn to use lightweight, maraca-like

Group Exercise Class Guidelines

1. Cards for Group Exercise Classes will be handed out 15 minutes before class starts. Check in and receive your card at the CMRC front desk. You may not receive cards for multiple classes at one time.
2. CMRC members will scan their membership card to validate a current membership. CMRC non-member will pay the day pass rate of \$5/class and or associated class fee.
3. There must be a minimum of 4 participants in class; If class minimums are not met, class will be cancelled.
4. Participants must be 16 years old to participate in classes. 14 & 15 Year olds may attend classes if parent/guardian is present in the class with them.
5. Participants must give their group ex card to the instructor at the beginning of class; Participants without a card will not be able to attend a Group Exercise Class.
6. Appropriate exercise clothing is required. Participants are asked to wear non-marking athletic shoes to class
7. No participants allowed to enter class 5 minutes after the start of class.
8. Participants are not allowed to leave class to get a Group Exercise card for another class. Class cards will not be handed out Until the previous class is over
9. Please be courteous and respectful to staff, instructors, and other participants.
10. CMRC staff reserves the right to decide on issues and conduct. CMRC staff will enforce policies and consequences as needed.